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**ISKF of Fort Collins**

4525 Inlet Court  
Fort Collins, Colorado 80526-4938  
970/223-6267

Senior Instructor  
Dennis W. Bower

**Affiliated with:**

International Shotokan Karate Federation (ISKF)  
ISKF, Mountain States Region (MSR)

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December 19, 2009

From: Tournament Director/Tournament Manager  
To: International Shotokan Karate Federation, Mountain States Region, Instructors

Re: Dan Examination and 2010 Spring Tournament

With the year 2009 coming to an end and the year 2010 just around the corner, I can think of no better way to start a New Year, after Kangeiko training (January 25 through 30, 2010), than to have Dan Examination and Spring Tournament. The International Shotokan Karate Federation (ISKF), Mountain State Region (MSR) is scheduling the Shodan and Nidan Examination, and the Spring Tournament for March 13, 2010. I want to WELCOME all ISKF members to the upcoming events. Enclosed you will find the information for Dan Examination and Spring Tournament or you may go to the website for more information.

**Date:** March 13, 2010 (Saturday)

**Check In:** Dan Examination check in starts at 8:30 a.m. and Tournament check in starts at 9:00 a.m.

**Where:** Lone Tree Recreation Center, 10249 Ridgegate Circle, Lone Tree, Colorado 80124

**Tournament web site:** <http://www.ISKFFortCollins.com/iskffc/tournament/tournament.asp>

**Dan Exam web site:** <http://ISKFFortCollins.com/iskffc/danexam/danexam.asp>

**Map web site:** <http://www.ISKFFortCollins.com/iskffc/tournamentmap.pdf>

**ISKF CARD** (*Must have a current ISKF membership card for Tournament and Dan Examination.*)

When you CHECK IN you will be asked for your ISKF MEMBERSHIP CARD. If you do not have this card, you may purchase one at the tournament for \$5.00 plus the ISKF membership dues.

**DEADLINE:** March 8, 2010 (Monday) All Dan examinees and Tournament competitors must be pre-registered. Dan Examination packets must be completed. No registrations forms or Dan Examination packets will be accepted after the deadline. **\*\*Please note that there is a \$5.00 fee for Dan Certification mailing. This can be paid to Mr. Bower when you check in for your dan examination, either by check to ISKF or in cash.\*\***

**Tournament Enclosure:** (1) Map, (2) Tournament events, divisions, ISKF Card, Fees and other information, (3) Tournament/Contestants Regulations, (4) Tournament Registration Form

**Dan Examination Enclosures:** (1) Dan Examination Information (form), Payable to and Information, and Dan Examination Fees, (2) Request for Dan Registration (form)

**MAIL FORMS and FEES TO:**

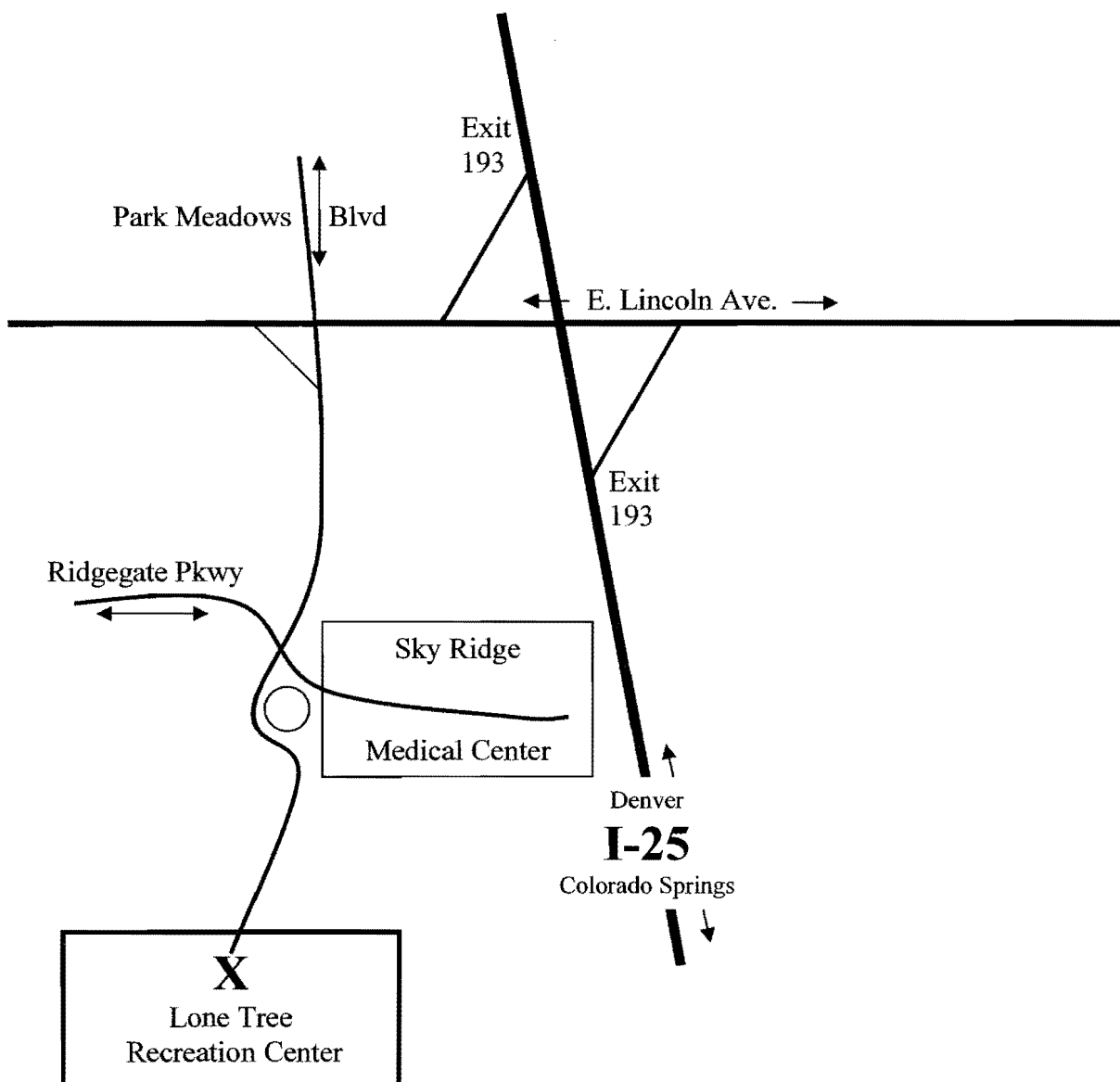
ISKF of Fort Collins  
4525 Inlet Court  
Fort Collins, Colorado 80526-4938

Sincerely yours,

Laura S. Davis  
Tournament Manager

Dennis W. Bower  
Tournament Director

# MAP



- [1] I-25 take the LINCOLN AVENUE exit – (Exit 193)
- [2] Take the LINCOLN AVENUE ramp.
- [3] Merge onto E. LINCOLN AVENUE/CR-36 W.
- [4] Turn LEFT onto PARK MEADOWS BLVD.
- [5] Enter the roundabout and take the 2n exit onto RIDGEGATE CIR.
- [6] End at Lone Tree Recreation Center, 10249 Ridgegate Cir, Lone Tree, Colorado 80124

Enclosure (1)

# SPRING TOURNAMENT

<u>EVENTS</u> <u>Age/Gender/Belt level</u>	<u>DIVISIONS #'s</u>	
	<u>KATA</u>	<u>KUMITE</u>
6 and under (BG)Boys/Girls Beginner (White/White with yellow stripe).....	K1	
6 and under (BG)Boys/Girls Beginner 8th/7th kyu (Yellow/Orange).....	K2	S2
7 thru 12 (BG)Boys/Girls Beginner (White/White with yellow stripe).....	K3	S3
7 thru 12 (BG)Boys/Girls 8th / 7th Kyu (Yellow/Orange).....	K4	S4
7 thru 12 (BG)Boys/Girls 6th / 4th Kyu (Green/Purple).....	K5	S5
7 thru 12 (BG)Boys/Girls 3rd Kyu / Yondan (Brown/Black).....	K6	S6
13 thru 17 (MW) Men/Women 9th / 7th Kyu (White/Yellow/Orange).....	K7	S7
13 thru 17 (MW)Men/Women 6th / 4th Kyu (Green/Purple).....	K8	S8
13 thru 17 (W)Women 3rd Kyu /Yondan (Brown/Black).....	K9	S9
13 thru 17 (M)Men 3rd Kyu / Yondan (Brown/Black).....	K10	S10
18 and over (MW)Men/Women 9th / 7th Kyu (White/Yellow/Orange).....	K11	S11
18 and over (MW)Men/Women 6th / 4th Kyu (Green/Purple).....	K12	S12
18 and over (W)Women 3rd / 1st Kyu (Brown).....	K13	S13
18 and over (M)Men 3rd /1st Kyu (Brown).....	K14	S14
18 and over (W)Women Shodan / Yondan (Black).....	K15	S15
18 and over (M)Men Shodan / Yondan (Black).....	K16	S16
45 and Up (MW)Men/Women 3rd /1st Kyu (Brown).....	K17	
45 and Up (MW)Men/Women Shodan / Yondan (Black).....	K18	
TEAM Youth (12 and under).....	T1	
TEAM Adult (13 and over).....	T2	
TEAM Young Adults (13 to 17) .....	T3	

**ISKF CARD** (Must have ISKF membership card for Tournament and Dan Examination.)

When you CHECK IN you will be asked for your ISKF MEMBERSHIP CARD. If you do not have this card, you may purchase one at the tournament for \$5.00 plus the ISKF membership dues.

**FEES PAYABLE TO and COST:**

Dan Examination Fees: Check payable to **Kushi Kai**; The cost for Shodan \$80.00 and Nidan \$100.00 plus dan registration. (Only 1st Kyu to Shodan and Shodan to Nidan may take the Dan exam at the March Spring Tournament this year).

Dan Registration form and fee: Check with you INSTRUCTOR.

Tournament Fees: Check payable to **ISKE**, One event **\$35.00** Two events **\$40.00** Team Kata **\$35.00**

**REGISTRATION DEADLINE:** March 8, 2010

**MAIL FORMS and FEES TO:** ISKF of Fort Collins, 4525 Inlet Court, Fort Collins, Colorado 80526-4938

**Tournament Date:** March 13, 2010, **Check In Starts** 9:00 a.m., **Tournament Starts:** About 15 minutes after Dan Examination is completed.

**JIUJYU KUMITE:**

Contestants that will be doing **JIUJYU KUMITE** (free sparring) or **JIUJYU IPPON KUMITE** (semi-free sparring) must have the required equipment. **MOUHPIECE** and **WHITE FIST GUARDS**. Fist guards must be ISKF approved, made of non-blood-absorbent material that may be easily cleaned with a bleach disinfectant solution may be worn. If the contestant does not have these items at the start of the match, the referee may/will **DISQUALIFY** the contestant.

# TOURNAMENT/CONTESTANTS

## REGULATIONS

### 1. Contestants:

- a. Must be in the Mountain States Region and an ISKF member.
- b. The tournament director reserves the right to combine the events when appropriate.
- c. Contestants must wear a clean white karate GI. Toenails and fingernails must be trimmed short.
- d. No footpads, gloves, wrapped bandages, braces or any metallic objects may be worn.
- e. Mouthpiece is mandatory in free sparring. Optional is groin protector. Chest guards for women.
- f. Fist guards must be ISKF approved, made of non-blood-absorbent material that may be easily cleaned with a bleach disinfectant solution may be worn.
- g. Safety glasses with a restraining band will be allowed. Other types of eyewear are not acceptable.

### 2. Kata Double Elimination:

- Double eliminations. For ages 6 through 17 (Boys and Girls). The winner of the first round will automatically go to round three and the loser will go to round two. The winner of the second round will advance to round three.

### 3. Kata

- All matches will be judged by flag system, except for the final rounds which will be points system. Competitors will not be required to perform kata higher than that of their next promotion exam. You will however, be responsible for all prior kata(s). If you make it to the finals you may perform your choice of kata but NOT higher than your belt level. In case of a draw in the final round a different kata must be performed except for white belts. Second draw add highest score of first draw kata. Third draw add lowest score of first draw kata. If fourth draw ask the chief judge for next move.
- Brown belts must be able to perform Heians 1-5 or Tekki Shodan. If you make it to the final round, the points system will be used. You may perform any kata of your choice. In case of a draw a different kata will be performed.
- Black belts first and second rounds you must be able to perform Heians 1-5 or Tekki Shodan. Third and fourth round eliminations will be advance katas, Bassai Dai, Empi, Jion, or Kanku Dai. The final round is your choice of kata. In case of a draw a different kata will be performed. Second draw add highest score of first draw kata. Third draw add lowest score of first draw kata. If fourth draw ask the chief judge for next move.
- Senior Division, 45 years of age and above will follow their belt level as listed above.
- Team Kata will be judged by points system on the team's individual kata. Teams must have three members, any gender. Youth team members may NOT be over 12 years of age. Young Adults team members must have one team member 13 years of age or older, but team members can NOT exceed 17 years of age. Adult team members must have one team member 18 years of age or older. In case of a draw a different kata will be performed. Second draw add highest score of first draw kata. Third draw add lowest score of first draw kata. If fourth draw ask the chief judge for next move.

### 4. Kumite:

- White, Yellow, and Orange belts (Beginners – 7<sup>th</sup> kyu)  
The matches will be ippon kumite (One step sparring.). Each side will attack using the techniques of lunge punch to the face and stomach with both right and left side. The technique and target area will be announced before each attack. One of the four counter attack techniques must be different. (Four techniques only.) During ippon kumite matches, a contestant who utters verbal noises (other than kiai), engages in feints, false starts, and/or other attempts to distract the opponent shall be given a warning. If a contestant announces a technique or a target area and delivers a different technique or attacks a different target area that contestant will be given a warning. The second warning of any of these violations the contestant will be disqualified. Aka (Red side) will initiate the attack. In case of a draw, the contestants shall repeat ippon kumite as above, but aka (red side) attacks with the left side first. **(MOUTHPIECE and WHITE FIST GUARDS are not required)**

- Green and Purple belts ( 6<sup>th</sup> kyu – 4<sup>th</sup> kyu)  
The matches will be ippon kumite (One step sparring.). Each side will attack using the techniques of lunge punch to the face and stomach, and front snap kick to the stomach with right side. The technique and target will be announced before each attack. One of the three counter attack techniques must be different. (Three techniques only.) During ippon kumite matches, a contestant who utters verbal noises (other than kiai), engages in feints, false starts, and/or other attempts to distract the opponent shall be given a warning. If a contestant announces a technique or target area and delivers a different technique or attacks a different target area that contestant will be given a warning. The second warning of any of these violations the contestant will be disqualified. Aka (Red side) will initiate the attack. In case of a draw, the contestants shall repeat ippon kumite as above, but aka (red side) attacks with the left side first. (**MOUHPIECE and WHITE FIST GUARDS are not required**)

- Brown and Black belts 17 and under (3<sup>rd</sup> kyu – Sandan)  
Contestants will be judged on jiyu ippon kumite (Semi-free sparring.). Each side will attack using the techniques of lunge punch to the face and stomach, front snap kick, and side thrust kick. Techniques may be performed using the attacker's choice of side. One of the four counter attack techniques must be different. The technique and target will be announced before each attack. The offensive side, upon completion of an attack, must maintain the kamae (attack posture) and not immediately draw back the attack technique or step back out of counterattacking distance. During jiyu ippon kumite matches, a contestant who utters verbal noises (other than kiai), engages in feints, false starts, and/or other attempts to distract the opponent shall be given a warning. If a contestant announces a technique or target area and delivers a different technique or attacks different target area that contestant will be given a warning. The second warning of any of these violations the contestant will be disqualified. Aka (Red side) will initiate the attack. In final matches in which the rank of both contestants is 3<sup>rd</sup> kyu or above, the method of the contest will be jiyu kumite (free sparring), according to ISKF rules. **THE FINAL TWO CONTESTANTS, THEIR MATCH WILL BE JIYU KUMITE (FREE SPARRING). (MOUHPIECE and WHITE FIST GUARDS are required!) ISKF RULES APPLY.**

Judging for ippon kumite and jiyu ippon kumite: Judges shall make their decision based on the component elements of fighting including but not limited to: distance, timing, spirit, focus, and zanshin. If there is a draw for ippon kumite or jiyu ippon kumite, the judges and referee must make a choice of either aka or shiro. There is NO second draw for ippon kumite or jiyu ippon kumite.

- Brown 18 and up (3<sup>rd</sup> kyu – 1<sup>st</sup> kyu)  
Contestants will be judged on jiyu ippon kumite (Semi-free sparring.). Each side will attack using the techniques of lunge punch to the face and stomach, front snap kick, and side thrust kick. Techniques may be performed using the attacker's choice of side. One of the four counter attack techniques must be different. The technique and target will be announced before each attack. The offensive side, upon completion of an attack, must maintain the kamae (attack posture) and not immediately draw back the attack technique or step back out of counterattacking distance. During jiyu ippon kumite matches, a contestant who utters verbal noises (other than kiai), engages in feints, false starts, and/or other attempts to distract the opponent shall be given a warning. If a contestant announces a technique or target area and delivers a different technique or attacks different target area that contestant will be given a warning. The second warning of any of these violations the contestant will be disqualified. Aka (Red side) will initiate the attack. **THE FINAL FOUR CONTESTANTS, THEIR MATCHES WILL BE JIYU KUMITE (FREE SPARRING). ISKF RULES WILL APPLY! (See Black belts 18 and up.) (MOUHPIECE and WHITE FIST GUARDS are required!)**

Judging: Judges shall make their decision based on the component elements of fighting including but not limited to: distance, timing, spirit, focus, and zanshin.

- Black belts 18 and up (Shodan – Yondan)  
Contestants will be judged on jiyu kumite (Free sparring.). ISKF rules will apply. (**MOUHPIECE and WHITE FIST GUARDS are required!**)

**\*CONTESTANTS WITHOUT A MOUTHPIECE AND WHITE FIST GUARDS WILL BE DISQUALIFIED.\***

The standard criteria for free sparring matches will apply. Each match will last for two minutes or until one of the contestants earns a full point, (two half points or one full point). At the end of two minutes, if no contestant has earned a full point and the judge declares a draw, two-minute overtime will be held. The first contestant to score a half point or full point will be the winner, in overtime.

A full point will be awarded if a technique is delivered with good distance, timing, power, and spirit. A half point will be awarded if one of these points is lacking, distance, timing, power, and spirit.

**The following acts will be prohibited:**

1. Full contact to the face or body.
2. Attacks to the groin area.
3. Attacks to the face or throat with an open hand.
4. Persistent attacks to the shin.
5. Direct attacks on the hip joint, knee joint or instep.
6. Dangerous throws, head ramming etc.
7. Grabbing, clenching or body clashing against the Opponent unnecessary.
8. Un-sportsman-like behavior or language.

**Fouls and Disqualification:**

1. Stepping out of the ring twice will result in a warning; third time will result in disqualification.
2. When a contestant is about to or has already committed a prohibited act the referee shall give a warning or
3. announce a foul. If the contestant then commits the same act or another prohibited act, the contestant shall
4. be disqualified.
5. Failure to obey the orders of the referee will result in disqualification.
6. If a contestant becomes overexcited to such an extent that he/she is considered by the referee to be a danger
7. to his/her opponent, the contestant shall be disqualified.
8. If a contestant commits acts that are considered to be malicious or commits acts that are will full violations
9. of the rules, he/she shall be disqualified.

**THESE RULES WILL BE STRICTLY ENFORCED.**

If there are any questions concerning the rules, please feel free to contact the Tournament Chairman or Chief Judge.

**Mountain States Region  
Spring Tournament Registration Form  
March 13, 2010**

# **REGISTRATION FORM**

Tournament Fee Check # \_\_\_\_\_  
FOR ADMIN USE ONLY.

**(1) INDIVIDUAL** (Contestants must complete.)

*Please print legibly:*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_ Age \_\_\_\_\_

Gender \_\_\_\_\_ Rank \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Your Phone Number \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

Dojo \_\_\_\_\_ Instructor Name \_\_\_\_\_

Kata \_\_\_\_\_ Kumite \_\_\_\_\_ Both \_\_\_\_\_

I, the undersigned, understand that my participation in the March 13, 2010, Spring Tournament may result in personal injury or other type of misfortune. I am aware of this potential danger, and with full knowledge of these risk, voluntarily accept and assume these risk of injury or other misfortune by participating in these activities. By signing this RELEASE FORM, I accept full responsibility. On behalf of myself and my successors, assigns, and heirs, release ISKF, ISKF of Colorado, TSKI, LLC., the Lone Tree Recreation Center, the Tournament Director and all members of the Tournament Committee or their respective office, agents, representatives, successor and/or assignees, for all liability and claims against them for any circumstances resulting from my participation, in the tournament, examination, or travel. I accept full financial obligation for any and all medical, hospitalization or other costs related to any injury, misfortune or other circumstances resulting from my participation in the tournament, examination or travel.

\_\_\_\_\_  
Date \_\_\_\_\_  
(Signature of participant)

\_\_\_\_\_  
Date \_\_\_\_\_  
(Signature of legal guardian, if under 18 years of age.)

**(2) TEAM KATA** (Team Captain please complete.)

*FOR TEAM KATA*

Team Kata Youth \_\_\_\_\_ Young Adults \_\_\_\_\_ Adult \_\_\_\_\_

Team NAME \_\_\_\_\_

Team Captains Name \_\_\_\_\_ Age \_\_\_\_\_

Team Member \_\_\_\_\_ Age \_\_\_\_\_

Team Member \_\_\_\_\_ Age \_\_\_\_\_

**For Events, Division # and Fee see Enclosure (3).**